

Reconnections Calendar August 2018

<div><p>Insight Memory Care Center 3953 Pender Drive, Suite 100 Fairfax, VA 22030 703-204-4664 phone InsightMCC.org web</p></div>		<p>1 Wednesday</p> <p>Memory Café 4:00-6:00p</p>	<p>2 Thursday</p> <p>10:00 Morning Coffee & Conversation 10:30 Geography Around the Globe 11:15 What Would You Do? 11:45 Active Game 12:30 Lunch 1:00 Brain Fitness 1:30 Movement and Memory w/ Sonia 2:15 World Famous Desserts and Food Demo</p>	<p>3 Friday</p> <p>10:00 Morning Coffee & Conversation 10:30 Nature vs. Nurture with Kanisha 11:00 Life in Italy with Delma 11:30 Active Game 12:00 Planning a Trip 12:30 Lunch 1:00 Cognitive Challenge 1:45 Tai Chi and Yoga with Cynthia 2:30 Broadway Numbers</p>
<p>6 Monday</p> <p>10:00 Morning Coffee & Conversation 10:30 Book Reviews with Annette 11:30 Active Game 12:00 Pair Challenge: Categories 12:30 Lunch 1:00 Cognitive Challenge 1:30 Science Experiments: Newton's Laws 2:00 Resistance Band Exercises 2:30 World's Biggest Companies Mind and Body Workshop 4-6:30p</p>	<p>7 Tuesday</p> <p>10:00 Morning Coffee & Conversation 10:30 Summer Breeze w/ Marnie Kennedy 11:30 Cranium Crunches 12:00 Active Game 12:30 Lunch 1:00 Harp Music w/ Judy 1:30 Short Story Spotlight 2:00 Stretch Exercises 2:30 This Week in Pictures</p>	<p>8 Wednesday</p> <p>Caregiver Support Group 10:00-11:30a</p>	<p>9 Thursday</p> <p>10:00 Morning Coffee & Conversation 10:30 Let's Discuss: Social Work Ellie 11:00 Active Game 11:30 Partner Challenge: Bridge Building 12:30 Lunch 1:00 Brain Fitness 1:30 Reminisce and Write 2:00 Multimedia Project Boards</p>	<p>10 Friday</p> <p>10:00 Morning Coffee & Conversation 10:30 Current Events with Rick 11:30 Jeopardy! 12:00 Active Game 12:30 Lunch 1:00 Brain Fitness 1:45 Tai Chi and Yoga with Cynthia 2:30 Sweet Treats: Food Demo</p>
<p>13 Monday</p> <p>10:00 Morning Coffee & Conversation 10:30 Architecture and Design with Jameson 11:30 Road Trip Down the East Coast 12:00 Active Game 12:30 Lunch 1:00 Cognitive Challenge 1:30 Higher or Lower? 2:00 Weight Exercises 2:30 Team Challenge: Five Second Rule Mind and Body Workshop 4-6:30p</p>	<p>14 Tuesday</p> <p>10:00 Morning Coffee & Conversation 10:30 Seven Wonders of the World 11:00 Partner Challenge: Blindfold Drawing 11:30 Active Game 12:00 Jigsaw Puzzle Competition 12:30 Lunch 1:00 Brain Fitness 1:15 Music w/ Jerry Roman 2:15 Heart Healthy Food and Exercise</p>	<p>15 Wednesday</p> <p>Parkinson's Social Network 10:00-12:00p</p> <p>Classes for Caregivers 1:00-3:00</p> <p>Memory Café 4:00-6:00p</p>	<p>16 Thursday</p> <p>10:00 Morning Coffee & Conversation 10:30 Then vs. Now: Transportation 11:15 News Currents 11:45 Active Game 12:30 Lunch 1:00 Cognitive Challenge 1:30 Celebrating the Life of Julie Andrews 2:00 Exercising the Mind and Body 2:30 Sweet Treats Food Demo</p>	<p>17 Friday</p> <p>10:00 Morning Coffee & Conversation 10:30 What's your Horoscope? 11:00 Active Game 11:45 Music w/ Jessica 12:30 Lunch 1:00 Cranium Crunches 1:45 Tai Chi and Yoga w/ Cynthia 2:30 World's Most Popular Dishes with Robert</p> <p>Lewy Body Support Group 1:00-2:30p</p>
<p>20 Monday</p> <p>10:00 Morning Coffee & Conversation 10:30 Let's Discuss: Jackie Robinson with Annette 11:30 Jeopardy! 12:00 Active Game 12:30 Lunch 1:00 Cognitive Challenge 1:30 This Month in History 2:00 Weight Exercises 2:30 Name That Tune Mind and Body Workshop 4-6:30p</p>	<p>21 Tuesday</p> <p>10:00 Morning Coffee & Conversation 10:30 Team Challenge: Scattergories 11:15 This Week in Pictures 12:00 Active Game 12:30 Lunch 1:00 Brain Fitness 1:30 Tai Chi and Yoga w/ Cynthia 2:15 Visiting Famous U.S. Landmarks</p>	<p>22 Wednesday</p> <p>Caregiver Support Group 10:00-11:30a</p>	<p>23 Thursday</p> <p>10:00 Morning Coffee & Conversation 10:30 Art Critiques 11:00 Price is Right 11:30 Communicating with Sign Language 12:00 Active Game 12:30 Lunch 1:00 Brain Fitness 1:30 Resistance Band Exercises 2:00 Canvas Painting with Gordon</p>	<p>24 Friday</p> <p>10:00 Morning Coffee & Conversation 10:30 Drum Circle with Rick and Kennedy 11:00 Mad Libs 11:30 Group Challenge: Giant Crossword 12:00 Active Game 12:30 Lunch 1:00 Cognitive Challenge 1:30 Charades 2:00 Egg Drop Contest</p>
<p>27 Monday</p> <p>10:00 Morning Coffee & Conversation 10:30 Magazine Scavenger Hunting 11:15 Group Challenge: Words Within a Word 12:00 Active Game 12:30 Lunch 1:00 Brain Fitness 1:30 Focused Fitness 2:00 Drama Club: Famous Movie Quotes 2:30 Sweet Treats Food Demo Mind and Body Workshop 4-6:30p</p>	<p>28 Tuesday</p> <p>10:00 Morning Coffee & Conversation 10:30 News Currents 11:00 Music w/ Frank Plumer and Family 12:00 Active Game 12:30 Lunch 1:00 Best New Inventions and Gadgets 1:30 Cognitive Challenge 2:00 Let's Discuss: Pets and Family 2:30 Resistance Band Exercises</p>	<p>29 Wednesday</p>	<p>30 Thursday</p> <p>10:00 Morning Coffee & Conversation 10:30 Explaining the Seasons 11:15 Produce P's and Q's 12:00 Active Game 12:30 Lunch 1:00 Cognitive Challenge 1:30 Give a Penny, Take a Penny 2:00 Music and Memory Books</p>	<p>31 Friday</p> <p>10:00 Morning Coffee & Conversation 10:30 Coaster Cutouts 11:15 World's Most Unusual Hotels 12:00 Active Game 12:30 Lunch 1:00 Cranium Crunches 1:30 Name That Dance! 2:00 Short Story Spotlight 2:30 Weight and Chair Exercises</p>